



AoA Evidence-Based Disease and Disability Prevention Program

Ohio State Profile

The Evidence-Based Disease and Disability Prevention Program was designed to expand seniors' access to effective interventions in the effort to reduce their risk of disease, injury, and disability. This profile provides a brief synopsis of how states and leading community aging provider organizations have tailored evidence-based health promotion programs to meet the needs of the older adult communities they serve.

Lead Organization:	Ohio Department of Aging
State Health Department:	Ohio Department of Health
Project Title:	Ohio's Evidence-Based Prevention Program Initiatives
Project Period:	September 30, 2006 to July 31, 2009

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Evidence-Based Programs Offered

- Chronic Disease Self-Management Program (CDSMP)
- Matter of Balance (MOB)
- Active Living Every Day (ALED)
- Healthy IDEAS (HI) (added Year 2)

Trainer and Leader Capacity by Program (as of January 2009)

- Chronic Disease Self-Management Program: 24 Master Trainers, 89 Group Leaders
- Matter of Balance: 34 Master Trainers, 157 Group Leaders
- Active Living Every Day: 1 Master Trainer, 12 Instructors
- Healthy IDEAS: 53 Facilitators trained

